

# GULF DEFENDER



Vol. 62, No. 14

Tyndall Air Force Base, Fla. *Gulf Defender*

April 11, 2003

## In brief

### Sound off

The Gulf Defender staff is conducting a readership survey to determine how we can better serve our audience. The survey is available online at [www.afnews.af.mil/inter-nal/survey/survey\\_index.htm](http://www.afnews.af.mil/inter-nal/survey/survey_index.htm). No personal information is provided to the staff and the results are anonymously reported. The results of the study will enable us to better serve you and meet your Air Force and Team Tyndall information needs.

### AADD program

The Airmen Against Drunk Driving program is designed to provide military members with a free, safe ride home within the local area. The AADD phone line is staffed with E1 through E4 volunteers who can be reached by calling 867-2233. This program is available to all ranks who have a valid military identification card. AADD stresses complete anonymity to ease fear of retribution. For more information, call Airman 1st Class April Gutierrez, 283-7228.

## Inside

● IRS provides tax assistance ... **Page 4**

● March Article 15s listed ... **Page 5**

● Is low-carb, hight-protien healthy? ... **Page 13**



Michelle Pierce

## Teen spirit

Channing Adams, this year's winner of the Youth of the Year program at Tyndall, and Samantha Spielmacher play foosball at the Teen Center. For more information on what is going on at the Teen Center, see Page 8.

# Two Tyndall members garner AETC awards

Four enlisted people were honored as best in the command at the Air Education and Training Command 2002 Outstanding Airmen of the Year Awards Banquet April 2 at the Gateway Club at Lackland Air Force Base, Texas.

Staff Sgt. Christopher Tuck of the 325th Contracting Squadron at Tyndall AFB, was named airman of the year. Staff Sgt. Jamie Gerdes, Lackland NCO Academy at Lackland AFB, Texas, was named the NCO of the year. Senior Master Sgt. James Lyons, 342nd Training Squadron OL-C at Pope Air Force Base, N.C., was named the senior NCO of the year and Senior Master Sgt. Tracy Lawson, 325th Operations Group at Tyndall, was named the first sergeant of the year.

Gen. Don Cook, AETC commander, and Chief Master Sgt. Karl



Tuck

Meyers, AETC command chief master sergeant, presented the awards.

The four winners competed against annual award winners in their categories from throughout AETC. They will now represent the command in the Air Force Outstanding Airmen of the Year competition.

In his airmen of the year nomination, Sergeant Tuck was recognized as the sole airman responsible for 40 research and development contracts worth \$100 million, which were critical to the development of state-of-the-art robotics programs used in Afghanistan during Operation Enduring Freedom.

Sergeant Tuck was also praised as an invaluable deployed contracting team member when he was sent to support Operation Enduring Freedom. Faced with a lack of local vendors for supplies, he located U.S. vendors who could deliver items quickly to their deployed location, cutting a 24-day lead time to five days.

As the first sergeant of the 325th Operations Group, Sergeant Lawson is credited with expertly advising five commanders on issues for 400 personnel. She was also



Lawson

cited for ensuring the smooth activation of the Air Force's first F/A-22 squadron.

According to Sergeant Lawson, she doesn't feel she received the award based on one contribution alone.

“(It was based on) continuous in-

●SEE AWARD PAGE 7

*F/A-22 = a new era in fighter training and air dominance*



# Safety, readiness key to mission success

**BRIG. GEN. LARRY NEW**

325th Fighter Wing commander



This week we set our clocks ahead one hour for Daylight Savings Time. As the days get longer and the summer quickly approaches, the warmer weather and extended daylight will lend to more outdoor activities. Whether you enjoy boating, biking or just lying in the sun in the months ahead, be sure safety is at the heart of everything you do. It is paramount in everything we do at Tyndall and throughout Air Education and Training Command. In fact, a new safety initiative was recently passed to decrease motorcycle and vehicle fatalities at all AETC installations. Effective May 1, all vehicle operators will be required to turn on their headlights from sunset to sunrise, during fog, smoke or rain, when windshield wipers are activated, or any other time when persons and vehicles cannot be seen clearly.



**“The strength of our Air Force is our people and we have to do everything we can to minimize risk by observing safety practices.”**

**BRIG. GEN. LARRY NEW**

325th Fighter Wing commander

At Tyndall and throughout Bay County, we experience a great deal of sea fog, which can roll in at anytime of the day. Be sure you turn your vehicle headlights on when driving in these conditions. Policy or not, this is just good practice and could save your life.

The strength of our Air Force is our people and we have to do everything we can to minimize risk by observing safety practices. Without a doubt, we have a lot on the horizon and we need everyone to be mission-ready.

In a few months, AETC will evaluate just how mission-ready we are. Hopefully by now, each of you has taken the

initiative to do what you can to prepare for the upcoming ORI. This is the time to ensure immunization vaccines are current, records are in order and all annual requirements, such as Law of Armed Conflict training, are accomplished. While it takes teamwork to accomplish the mission, it is imperative each of us know our individual role and responsibility in accomplishing that mission. Take care of those items you are personally accountable for, while doing what you can to ensure the overall organization is functioning properly.

I know we'll impress the inspection

●SEE CONGRATULATIONS PAGE 5

## Action Line

The Action Line is your direct line to me. It is one way to make Tyndall a better place to work and live.

Action Line calls are recorded and staffed through the proper agency. The goal is to provide you with an accurate, timely response. You must leave your name, phone number or address to receive a response.

Questions or comments of general interest will be published in this forum. This avenue should only be used after coordinating problems or concerns with supervisors, commanders, first sergeants or facility managers. If you're not satisfied with the response or you are unable to resolve the problem, call me at 283-2255.

For fraud, waste and abuse calls, you should talk to the office of inspections, 283-4646. Calls concerning energy abuse should be referred to the energy hot line, 283-3995.

*Larry D. New*

**BRIG. GEN. LARRY NEW**

325th Fighter Wing commander

# Fear, anxiety sometimes come in little packages

**NANCY JO OUTBRAVE-DULL**

92nd Air Refueling Wing family support center

**FAIRCHILD AIR FORCE BASE, Wash. (AFPN)** — “Mommy, why is there war?”

“Daddy, why are there terrorists?”

Tough questions, yes. Impossible questions, not necessarily.

Our children are growing up in a different world than we did. Messages of terror can travel the Internet around the world in seconds. Rogue nations with weapons of mass destruction are the norm rather than the exception.

What is a parent to do when little ones start asking these kinds of questions?

First, don't panic. Second, tailor your answers to a child's developmental stage and age.

For example, my daughter was just shy of four years old when her father was called back to active duty for Desert Storm and Shield. She asked me the same tough questions children are asking now.

I told her gently that sometimes adults act like bullies and

take things that don't belong to them, so soldiers, airmen and sailors like daddy have to go and make those bullies behave and give back what they took.

The next question wasn't nearly as clear-cut: “Mommy, didn't that Saddam's mommy teach him not to take things that don't belong to him?”

My answer was, “Yes, baby, but sometimes adults forget or don't follow lessons they learned as children.”

Yes, out of the mouths of babes.

Children don't have the ability to understand war the same way adults do. Because their experience set is smaller, they only conceive war as something that will happen in their neighborhood, to their family and at their school and play areas.

Parents should reassure them there are many people working to protect us and that generally, we are safe in our homes, schools and at play.

Children tend to look for simple answers. When explaining war, people might want to make a distinction between dropping a few bombs and a long-term war.

If children avoid talking about war, it does not necessarily mean they aren't thinking about it. But parents shouldn't give them too much information or they risk information overload.

Limit media exposure, especially for younger children. Older children and teens might watch the news with their parents and discuss what they are seeing.

If children have trouble coping, parents should seek professional help. There are school counselors, counselors at life skills and skilled providers at family advocacy who can assist parents in helping their children cope with this brave new world.

In order for parents to take care of their children, they must take care of themselves.

War can be a tremendous stressor. Talk with friends and take advantage of every opportunity to network with others whose loved ones are deployed. Beyond “misery loves company,” sharing fears and challenges with others going through the same thing helps normalize feelings.

For an easy way to network with others, consult with the staff at the family support center.

## Gulf Defender Editorial Staff

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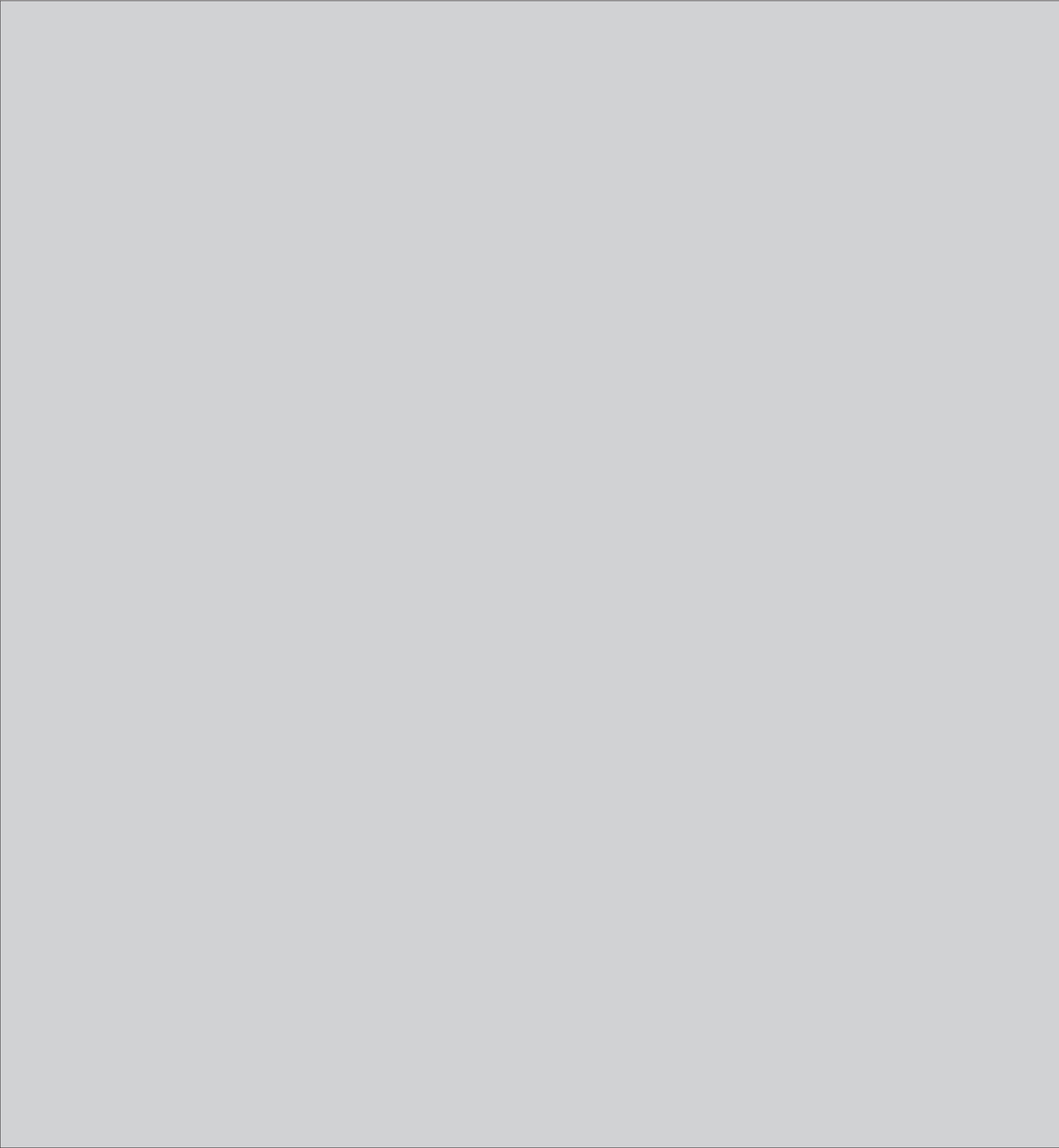
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chaser, user or patron.

Editorial content is edited, prepared and provided by the 325th Fighter Wing public affairs office. Photographs are U.S. Air Force photos unless otherwise noted.

The deadline for article submissions to the *Gulf Defender* is 4 p.m. Friday, prior to the week of publication unless otherwise noted. Articles must be typed and double-spaced, preferably on a 3.5-inch disc. Stories should be submitted directly to the public affairs office, Building 662, Room 129 or mailed to: 325 FW/PAI, 445 Suwannee Ave., Tyndall AFB, FL, 32403-5425 or emailed to editor@tyndall.af.mil. Public affairs staff members edit all material for accuracy, brevity, clarity, conformity to regulations and journalistic style. The delivery of the *Gulf Defender* to Tyndall base housing sections is provided by the *Panama City News Herald*.

For more information, or to advertise in the newspaper, call (850) 747-5000.



# IRS provides tax assistance to military families

WASHINGTON — The Internal Revenue Service has created a new section on its Web site containing important information to help ensure members of the U.S. Armed Forces serving in a combat zone get all of the tax benefits available to them.

The new information is available on the front page of IRS.gov by clicking on "Armed Forces Tax Benefits."

The new section highlights several special tax provisions that apply to those in combat, which can include extensions for filing tax returns and paying taxes and exclusion of some military pay from taxes.

The new Web section includes:

- Questions and answers on exclusions, extensions and other tax benefits available to members of the Armed Forces serving in a combat zone.

- IRS Publication 3, Armed Forces' Tax Guide, which covers the special tax situations of active members of the U.S. Armed Forces.

- Several recent news releases and notices, including Tax Tip 2003-41 – Reservists, New Enlistees May Get Deferral for Back Taxes; News Release IR-2002-18 – Tax Relief for Troops in Afghanistan Combat Zone; Notice 2002-17 – Tax Relief for those Involved in Operation Enduring Freedom.

- A special e-mail address for members of the U.S. Armed Forces, their spouses, authorized agents or representatives, which can be used to notify the IRS about someone serving in a combat zone. Details are available at [www.irs.gov](http://www.irs.gov).

"At this important time, our dedicated military personnel in combat zones should not be worried about tax issues," said IRS Acting Commissioner Bob Wenzel. "We want each of them to receive all of the tax

benefits that they are entitled to. We want all of our servicemen and servicewomen — and their families — to know that we are here to help."

Generally, enlistees up to warrant officers (including commissioned warrant officers) **exclude** all their military pay received for military service in a combat zone. For commissioned officers, the monthly exclusion is capped at the highest enlisted pay, plus any hostile fire or imminent danger pay received. For 2002, this limit was \$5,532.90 and for 2003, it is \$5,882.70. Amounts excluded from gross income are not subject to federal income tax.

The IRS automatically **extends** the deadline for filing tax returns, paying taxes, filing claims for refund and taking other actions related to federal income tax for U.S. Armed Forces personnel serving in a combat zone. The IRS also extends the deadline for those in the U.S. Armed Forces deployed overseas away from their permanent duty station in support of operations in a qualified hazardous duty area but who are outside that area.

The deadline for filing returns, making payments or taking any other action with the IRS is extended for at least 180 days after:

- The last day of qualifying combat zone service, or

- The last day of any continuous qualified hospitalization for injury from the combat zone.

The IRS is currently working with the

## Tax center hours

**The Tyndall Tax Center is open through Tuesday for free tax preparation and electronic filing for military members. The hours are 9 a.m. - 3 p.m. For more information, call the tax center at 283-8911.**

military to obtain information about reservists and regular military personnel serving in combat areas. During this interim period, people in the military, their spouses or their authorized repre-

sentatives have several options to claim the filing extensions or filing exclusions:

- When filing returns, mark "Combat Zone" at the top of the form along with the date of deployment.

- Contact the IRS through the special e-mail address at IRS.gov. Correspondence should include the name, date of birth, and date of deployment of the

servicemember. (No Social Security Numbers should be included in the e-mail.) The IRS emphasizes only military-related e-mails should go to this address. Calls can also be made to the main IRS help line at (800) 829-1040.

These two steps also apply if a notice inadvertently goes to an individual serving in a combat zone or his or her spouse. The notice can be deferred by following the e-mail steps or by sending the notice back to the IRS marked with the words "Combat Zone" and the date of deployment.

The IRS plans to take additional steps and provide additional guidance on issues involving military personnel and combat zones. This new information will also be posted to the Armed Forces page of [www.irs.gov](http://www.irs.gov).

*(Courtesy IRS news release)*



# ARTICLE 15s

● **FROM CONGRATULATIONS PAGE 2**

team as I continue to be amazed by the caliber of men and women at Tyndall Air Force Base.

Last week, two more Team Tyndall members were recognized at the command level for their outstanding contributions to our base, the command and the Air Force. Congratulations to Staff Sgt. Christopher Tuck, 325th Contracting Squadron, who was named AETC 2002 Airman of the Year, and to Senior Master Sgt. Tracy Lawson, 325th Operations Group, who was named AETC 2002 First Sergeant of the Year.

Both Sergeants Tuck and Lawson competed against annual award winners in their respective categories from throughout the command. They will now represent the command in the Air Force-level competition. We wish them luck and look forward to the results of that competition. Accomplishments such as these are not only a reflection on the individual honored, but on the team that individual represents. Keep up the good work!

*The following adverse actions took place at Tyndall AFB in March. The publicity of Article 15s show Team Tyndall that people will be held accountable for their actions and publication will hopefully serve as a deterrent to others.*

**Article-15s:**

- ➔ A staff sergeant from the Southeast Air Defense Sector received a suspended reduction to senior airman for unauthorized use of a government computer.
- ➔ A senior airman from the 325th Operations Support Squadron received a suspended reduction to airman first class and a reprimand for driving under the influence of alcohol.

- ➔ A first lieutenant from the 2nd Fighter Squadron received forfeitures of \$1,432 and a reprimand for driving under the influence of alcohol.
- ➔ An airman first class from the 325th Maintenance Operations Squadron received forfeitures of \$650 for willful dereliction of duty.
- ➔ An airman first class from the 325th MOS was reduced to airman and received forfeitures of \$645 pay per month for two months for willful dereliction of duty and driving under the influence of alcohol.
- ➔ An airman first class from the 325th Aircraft Maintenance Squadron received a reduction to airman, forfeited \$500 pay and received 30 days extra duty for willful dereliction

- of duty and driving under the influence of alcohol.
  - ➔ An airman first class from the 325th AMXS received a reduction to airman and 30 days extra duty for neglectful dereliction of duty and making a false official statement.
  - ➔ A second lieutenant from the 325th Air Control Squadron received forfeitures of \$1,000 and a reprimand for assault on a law enforcement official, conduct unbecoming an officer and drunk and disorderly conduct.
- Administrative Discharges:**
- There were no disciplinary discharges in March.
- (Courtesy 325th Fighter Wing legal office)*

Help Us Conserve



YOU HAVE  
the POWER.

According to the Consumer Product Safety Commission, about 14,000 clothes dryer-related fires occur each year. Since dust and lint buildup is the major problem, the CPSC recommends that you clean the lint filter after each load and make sure the dryer is operating properly. Check for dust and lint buildup in the exhaust duct and around other major appliances, such as washers, water heaters and furnaces.



# Too much to do and too little time?

**SHERI WARD**  
Family Advocacy Outreach manager

As a parent, you are faced with stressors that are very different from those that you may have experienced prior to parenthood.

Those stressors include additional responsibilities such as providing a safe, loving and nurturing environment for your child. Meeting the needs of your children, while also finding the time to take care of yourself, can be tough, especially in times of high operations tempos and many “unknowns.”

It is perfectly normal to feel overwhelmed from time to time, however, if you’re feeling overwhelmed most of the time, then you might want to try a different approach to relieve some of the tension you are experiencing.

**Stop and evaluate**

First, stop and evaluate where you currently spend your time and resources. Keeping a journal for one week might help you see where some of your greatest stressors are coming from. It will also give you a

baseline to begin looking for things that you have control over and can therefore change. Small things like setting out clothes for children the night before a school day, talking with your child about the upcoming day’s events and incorporating some transition time for children between errands and activities may be some small steps that will lead to a better overall day for your family.

**Seek assistance**

Second, look around you and see who might be able to provide some immediate assistance for a “break.” This is sometimes hard for military families who reside many miles from family and aren’t used to asking for help from others. But this is important, not only for you, but for your children.

Look to your neighbors, friends, co-workers, church members and squadron volunteers, and allow them to lend a hand. Providing help to others makes people feel good and they wouldn’t do it if they couldn’t. Realizing your limits, and accepting help from others, is a strength and will help you

to become an even better parent.

**Break away for a moment**

On a given day, if you are feeling out of control and the children are driving you crazy, it is OK to remove yourself from the situation. Your number one priority should be your child’s safety. You can go to another room in the house to get some peace and quiet or you can have your children play or be in their room for a few minutes. When you are stressed out, your children know and they feel tension as well.

**Make time for yourself**

It is important to make time for yourself. Many parents say that there just aren’t enough hours in the day. It is important for parents to do something for themselves to relieve the stress that may be building up. If parents don’t take care of themselves, then they aren’t going to be able to take proper care of their children. Making time for yourself won’t be easy. It takes creativity and flexibility, but it can be accomplished. When a parent feels re-energized, the children will reap the benefits.

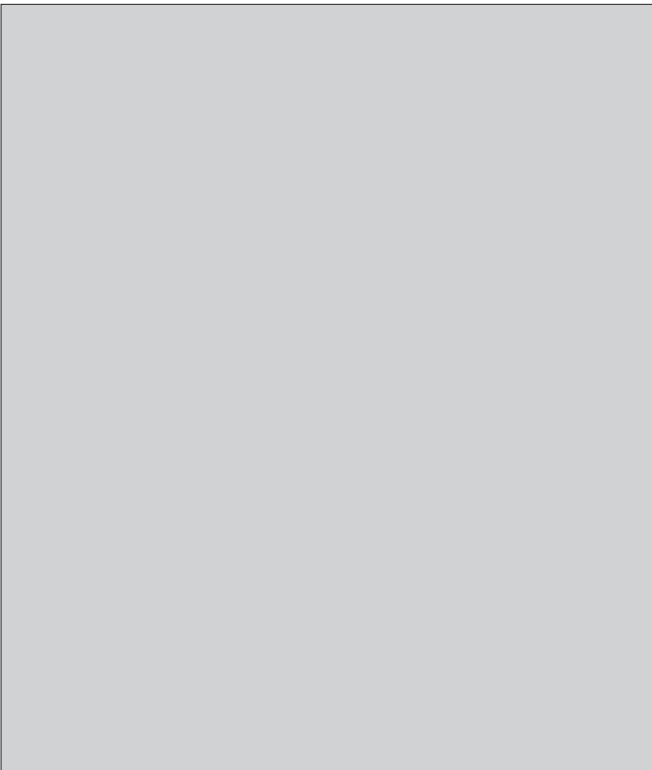
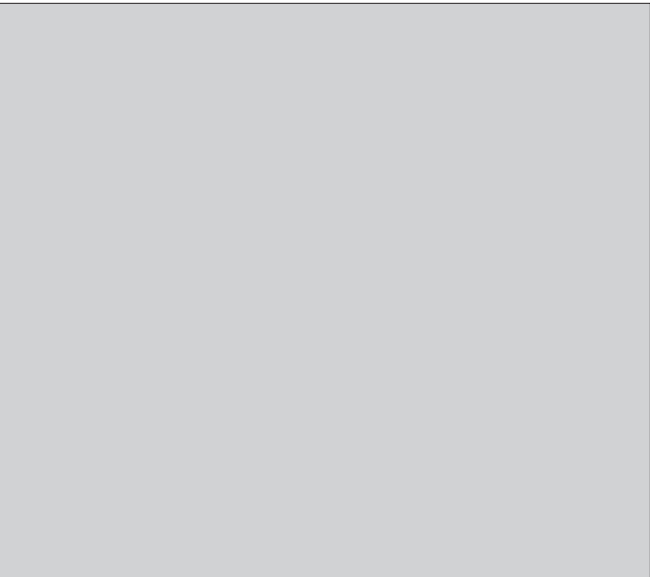
## Child abuse is everyone’s concern

Children are our future. They deserve all the encouragement, love, support and protection we can give them.

- **Child abuse and neglect is a community problem.** No single agency or individual has the necessary knowledge, skills, resources or societal mandate to provide the level of assistance and support needed to end child abuse and neglect.
- **Preventing child abuse challenges us to work together.** To succeed in ending child abuse, we must continue to weave prevention efforts into the very fabric of our communities – in our schools, workplace, hospitals and health clinics, churches, day care facilities and in each neighborhood, village, city and borough.
- **Strengthening families is at the heart of prevention.** Efforts designed to support and strengthen families help prevent the likelihood of child abuse and neglect.
- **The majority of parents love their kids and don’t intend to harm them.** Strengthening families through parent education, decreasing isolation and extending support to parents and caregivers while enhancing community resources, are key strategies in reducing incidents of child abuse and neglect.
- **Parents who have been abusive or neglectful have the capacity to change.** It is important to recognize that many maltreating parents or caregivers have the capacity to change their abusive or neglectful behavior, given sufficient help and resources to do so.
- **Children deserve to grow up in a safe, secure environment free from violence.** Growing up in their own family is optimal for children, as long as their safety is assured. When parents cannot or will not meet their children’s needs, removal from the home may be necessary. All efforts to develop a permanent plan for the children should be made as quickly as possible, including steps to keep siblings together.

**Never allow yourself to think stopping child abuse is someone else’s problem to address. Child abuse is everyone’s concern. Be part of the solution. For more information concerning child abuse prevention contact the family advocacy office at 283-7511.**

*(Courtesy health and wellness center)*



● **FROM AWARD PAGE 1**

volvement at squadron, group and wing levels with the tremendous support I received from my family, fellow first sergeants, chiefs, commanders and squadron personnel,” Sergeant Lawson said.

As her supervisor last year and the one who nominated Sergeant Lawson for the award, Lt. Col. Steven Wallender, 325th Operations Support Squadron commander, says that in addition to all her first sergeant duties, she is active throughout the wing in other activities. He emphasized that her biggest contribution was development of the Additional Duty First Sergeant classes.

“There is now an active program to train and prepare senior NCOs to assume the leadership role of a first sergeant when asked to fill in during their absence. This program is being benchmarked throughout the command,” Colonel Wallender said.

In her nomination, Sergeant Lawson is also being lauded as a “leader of leaders.” She mentored 25 first sergeants and was a visible leader at the Tyndall First Term Airman Center where she taught classes and presided over six first sergeant panels.

Colonel Wallender said Sergeant

Lawson set an outstanding example for all senior NCOs to follow and also chaired the Prisoner of War/Missing in Action ceremony, honoring 45 former POWs.

“She was vice president of the First Sergeants Group and president of the Air Force Sergeant’s Association Chapter, leading the largest chapter in Division Five with 900 members,” Colonel Wallender said.

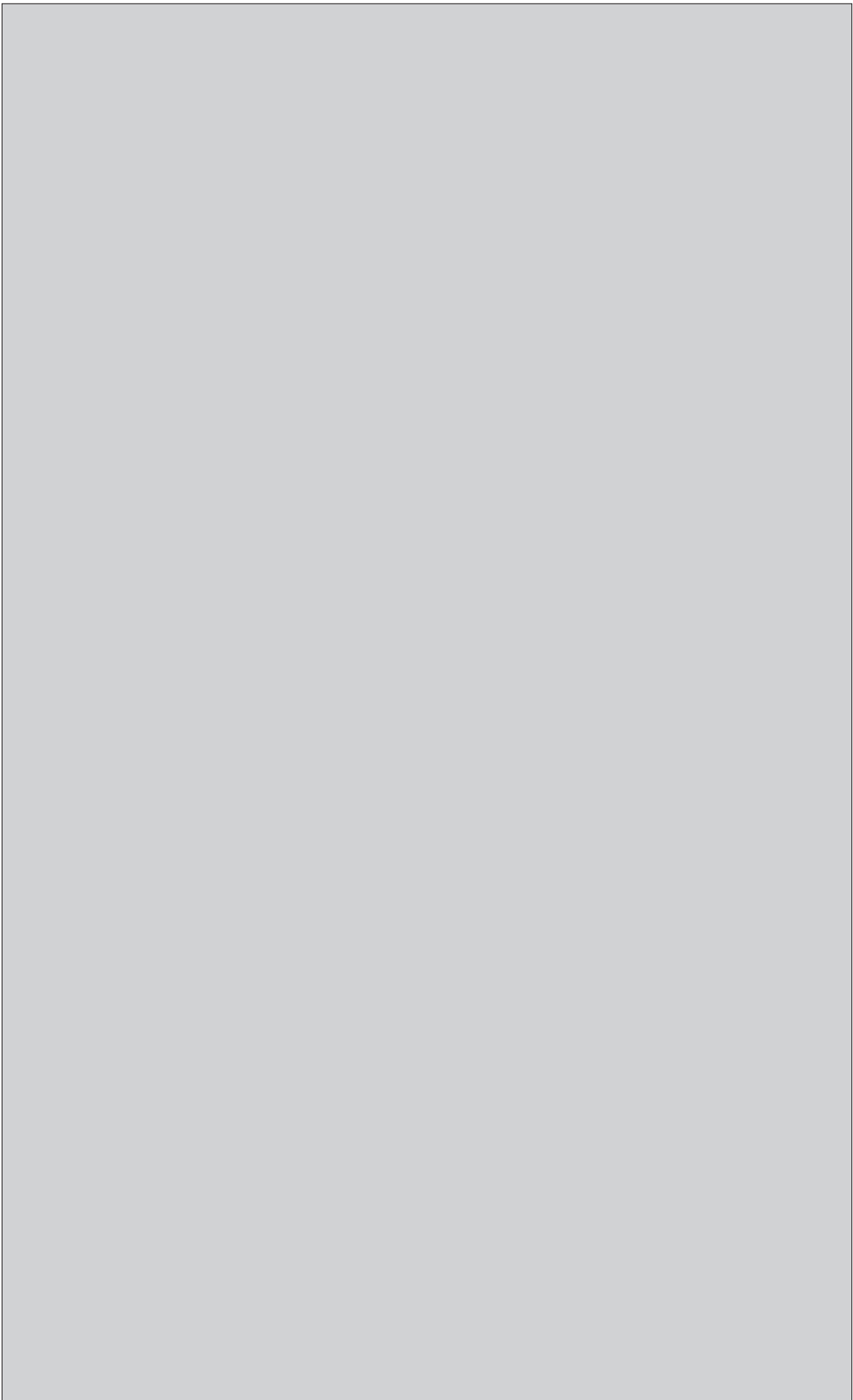
“Participation increased by 75 percent and she was praised by the first Chief Master Sergeant of the Air Force, Chief (Master Sgt. Paul) Airey,” he added.

In addition, she briefed and prepared

troops deploying around the world in support of exercise Bright Star and Operations Enduring Freedom and Joint Forge. Her efforts critically enhanced individual and family readiness.

“Team Tyndall has some hard-working first sergeants that do a tremendous job of taking care of their enlisted troops. We are very proud she was able to win this award (for doing) a great job in the Operations Support Squadron, but it was probably all her extra efforts outside the squadron that helped her win,” Colonel Wallender said.

*(Compiled by 325th Fighter Wing public affairs)*



# Checkertail Salute

**A1C Seth MacDougall**

**Duty title:** Aviation resource manager apprentice  
**Unit:** 95th Fighter Squadron  
**Time on station:** 1 year  
**Time in service:** 1.5 years  
**Hometown:** Duluth, Minn.  
**Hobbies:** Auto sales and fixing things  
**Goals:** Make senior airman below the zone and be an outstanding airman  
**Favorite thing about Tyndall:** Warm weather and the beaches  
**Proudest moment in the military:** Graduating from basic in my dress blues  
**Pet peeves:** Someone who doesn't earn their paycheck nor strives to improve in what they do  
**Favorite book:** “Under Siege”  
**Favorite movie:** “The Negotiator”

*The Checkertail Salute is a 325th Fighter Wing commander program designed to recognize Tyndall's Warrior of the Week. Supervisors can nominate individuals via their squadron and group commanders. Award recipients receive a certificate, letter from the commander and a one-day pass.*

**Airman MacDougall is awarded the Checkertail Salute Warrior of the Week award by Brig. Gen. Larry New, 325th Fighter Wing commander.**

The Checkertail Clan salutes Airman MacDougall for assisting the 95th Fighter Squadron commander with designing a new automated Flight Crew Information File Go-No-Go system. The 325th Operations Group commander directed implementation of the new system across the group, and the 95th FS commander appointed Airman MacDougall as the point of contact to train the other fighter squadron staffs on the new system.

Tax deadline is April 15. Take advantage of the Tyndall Tax Center at the community activities center



# Make friends and earn awards at Tyndall's teen center

CHRISTINE SULLIVAN

325th Fighter Wing public affairs

*(Editor's note: This is the second in a three-part series on Tyndall AFB youth programs; the child development center, youth center and teen center.)*

Looking for a place where your teen-ager can relax, play, study and make friends in a safe and clean environment? The teen center at Tyndall Air Force Base may be the answer to keeping your teen-ager busy and feeling rewarded throughout the year.

Regular offerings at the center include a Boys and Girls Club money management program and organizations that include the Keystone Club, a leadership development group that meets weekly, and the Teen Council, a monthly gathering to discuss teen issues and plan various activities.

Bruce Mason, 325th Services Squadron teen center sports director, says the teen center provides teen-agers a recreation outlet in a safe and comfortable environment with supervision.

If teens are interested in earning up to \$1,000 in college funds as well as work skills to use later in life, they can sign up for the Youth Employment Skills program for active-duty dependents.

Teens aged 14 to 18 are asked to volunteer at select base agencies while continuing their high school studies, said Michelle Pierce, 325th Services Squadron youth center teen coordinator.

"Currently we have volunteers at the youth center, library, pharmacy and skills development. We are working on placing teens at the AF Research Laboratory and natural resources and attempting to expand our list," Ms. Pierce said.

According to Ms. Pierce, teens gain work experience that may be used on a resume, and establish a network for future job opportunities and recommendations. To enroll in the program, applications are available at the library,



Photos by Michelle Pierce

**Chantelle Gregory, a teen-age YES program volunteer, checks out a game to a child at the youth activities center.**

youth center and teen center.

One of the more active schedules at the center involves an Air Force outdoors adventure program called Training Responsible Adolescents in Leadership. Open to ages 14 to 18, it includes activities such as a ropes course, hiking, biking and canoeing.

Staff members at the center are also encouraging kids to participate in the 'Youth of the Year' award program that runs from January through April. The winner of that award is taken from 'Youth of the Quarter' selectees aged 14 to 18.

These programs are designed to promote academic performance, form life goals, improve public speaking skills and encourage service to clubs, community and family. Teens are recognized for their contributions and accomplishments in those areas and the yearly award-winner advances to a command level evaluation status.

"It gives them a direction where

... they're appreciated for doing community work and their work within the teen center. That's what the teen center is all about — participation," Mr. Mason said.

The award program prepares eligible teenagers for the regional, state and national youth of the year competitions. When a teen is chosen as Youth of the Year, they have the opportunity to compete in a local, regional, and national level competition and earn scholarships ranging from \$1,000 to \$10,000 dollars, Ms. Pierce said.

Channing Adams, age 15, is this year's winner and competed in the state competition earlier this week. She will also represent Tyndall at the Air Force teen forum in Washington, D.C., on June 24 and will be recognized in a local ceremony this summer.

"Since the basis of this award encourages a teen to have high academic achievement and involvement in community service

projects, teens are able to enhance their leadership and public speaking skills, learn teamwork, and develop an understanding of caring, honesty, fairness, responsibility and respect for self and others," Ms. Pierce said.

Preparations for the Congressional Awards are conducted year-round for teen center members and selection is based on

leadership and service to the center, the youth's school and the surrounding community. The awards, established by the U.S. Congress in 1979, are earned for exceptional achievements by individuals aged 14 to 23 who offer their time in the areas of voluntary public service, personal development, physical fitness, and expedition and exploration through non-competitive programs.

Ms. Pierce said registration for the program is accepted anytime during the year and teen participants set their own goals in individual categories.

"It is a fun and interesting way to get more involved in something you already enjoy and something you would like to try for the first time. This program teaches teens to set achievable goals and plan activities to reach those goals," Ms. Pierce said.

The teen center is located in Building 912, near the base exchange and commissary complex. It is open from 3-10 p.m. Monday through Thursday, from 3-11 p.m. Fridays and 4-11 p.m. Saturdays.

For more information on scheduled youth events and programs at the teen center, call 283-0295.

For more information on the U.S. Congressional Award program, access the Web site at: [www.congressionalaward.org/congress/index.htm](http://www.congressionalaward.org/congress/index.htm).



**Channing Adams, Tyndall's Youth of the Year, leads a Teen Council meeting at the teen center.**



# CENTAF command chief addresses deployment issues

**MASTER SGT. CHARLES RAMEY**  
444th Air Expeditionary Group public affairs

**OPERATION IRAQI FREEDOM (AFPN)** — As Air Force operations continue in support of Operation Iraqi Freedom, the service's senior enlisted member in Southwest Asia says the exact future of operations has yet to be determined.

"The war isn't over," said Chief Master Sgt. Mack Williams, U.S. Central Command Air Forces command chief master sergeant, during a visit to the 444th Air Expeditionary Group on April 6. "However, senior leaders are working hard developing post-war plans and deciding on tomorrow's deployed requirements. Regardless, we cannot afford to let our guard down and must continue to do what we do best — project the world's best air and space power on and over the battlefield."

The chief, who has traveled throughout the region on behalf of Lt. Gen. T. Michael Moseley, commander of U.S. Central Command Air Forces, said he is impressed with what he has seen.

"General Moseley and I are extremely proud of the quality and quantity of work by our Air Force, especially the work of our young airmen and those who train and supervise them," he said. "If anyone has ever had a doubt about our next generation of leaders, they should have an opportunity to spend a day in my boots. Most of our junior enlisted force was in elementary school during the Gulf War. But now, they are the combat enablers that are allowing our coalition air force to deliver global reach and global power."



Master Sgt. Charles Ramey

**Airman 1st Class Miguel Hernandez shows Chief Master Sgt. Mack Williams the inside of the 444th Air Expeditionary Group's power plant during the chief's visit to a desert air base supporting Operation Iraqi Freedom on April 6. The U.S. Central Command Air Forces command chief master sergeant travels regularly throughout the region.**

As the Air Force's senior enlisted leader in the region, the chief fields questions on a variety of topics wherever he visits.

"I've been asked about everything from promotion testing to pay issues," said the chief. "As far as promotion testing, everyone is authorized 30 to 60 days to study upon his or her return. When it comes to pay, there have been articles in the recent press about increases in items such as imminent danger/hostile fire pay and family separation allowance. This is still in the

works. If the supplemental appropriations bill including these items is passed by Congress and signed by the president, we will ensure the information gets out via our command and public affairs channels as quickly as possible.

"The biggest question I continue to get is 'when are we going home?'" Chief Williams said. "The honest answer is 'I don't know.' We will try to decrease the footprint as soon as possible, but we will continue to support the frontlines until the job is

done. When it's safe enough, some of us will move forward while others will return home. I can guarantee that our leadership will do their best to get our people home to families as quickly as the mission allows."

Whenever the mission does finish, the chief encourages everyone to focus on the home front.

"The support of our loved ones back home is just as important to our war effort as putting bombs on target," he said. "We wouldn't have been able to accomplish what we've done here without them taking care of the home front. This has been just as tough if not tougher on them, especially when they don't know exactly where their spouse, parent or child is. I hope everyone will remember their contributions, hug and thank them upon return, and utilize any time off for quality family time."

Chief Williams also said another family nobody should soon forget is their Air Force family.

"Everyone has come here from many different bases and gelled into one cohesive team," he said. "We've all made a lot of new friendships and I hope people will continue to stay in contact throughout the rest of their careers and beyond."

"We've spent 12 years here and are finally getting to the bottom line in Iraq," said the chief, who has personally spent 19 of the last 24 months in the region. "We are making lives better; we are making history positive and everyone should be proud about what he or she continues to bring to the fight on a daily basis."



## Thinking of getting out?

## THINK AGAIN!

Make sure you've got all the facts first! Contact **Chief Master Sgt. Ron Georgia**, 325th Fighter Wing career assistance adviser, at **283-2222** for information on your career and its future.

# Acquisition official briefs Congress on aircraft budget

STAFF SGT. A.J. BOSKER  
Air Force Print News

WASHINGTON — Over the last year, the Air Force has successfully implemented changes to its acquisition process and provided increased capabilities to warfighters, the service’s top acquisition official said in written statements to lawmakers April 3.

“We will continue to leverage the technology of this nation to create advantages for our military forces and meet the challenges that we will face in the years ahead,” said Dr. Marvin Sambur, assistant secretary of the Air Force for acquisition.

Doctor Sambur appeared before the Senate Armed Services Committee subcommittee on airland to discuss Air Force programs included in the upcoming fiscal year’s budget request.

“The Air Force is committed to the buy-to-budget strategy for the F/A-22 Raptor,” Doctor Sambur told the senators. “Under the program’s \$42 billion budget cap, we estimate that we will be able to procure 276 aircraft.”

One of the issues the Raptor team has been

**“The Air Force is committed to the buy-to-budget strategy for the F/A-22 Raptor. Under the program’s \$42 billion budget cap, we estimate that we will be able to procure 276 aircraft.”**

DR. MARVIN SAMBUR  
Assistant secretary of the Air Force for acquisition

working on is to get stability into the program, he said. Once program problems are eliminated and program stability is established, the service expects an increase in the number of aircraft it can procure under the cap.

Several challenges have faced the F/A-22 program, such as fin buffeting, excessive wind noise in the cockpit, problems with the brakes, conducting the flight-science testing and avionics-software stability, Doctor Sambur said.

The Raptor team has been able to overcome all but one of these challenges, he said. Only the avionics problem remains.

“This isn’t mission impossible, and it doesn’t impact flight safety,” he said. “The instability

is in the sensor-package software, and there is a plan in place to correct this.”

Despite these challenges, the Raptor has made great strides in the past nine months, he said. The Raptors have already accumulated more than 3,000 flying hours and have successfully fired 16 live missiles, including launches in the supercruise configuration.

Doctor Sambur also answered concerns about the Air Force’s 767 tanker-lease deal.

The Air Force is committed to providing the American public with a good deal to ensure the service is able to fulfill its aerial refueling mission, he said.

Refurbishing aging tankers is not really an

option because corrosion is more serious than previously thought, Doctor Sambur said.

“Our maintainers are starting to see widespread corrosion in areas where it hasn’t been seen before,” he explained. “We’re already being forced to retire 68 KC-135E Stratotankers with the worst corrosion problems because of safety concerns.”

Crews from these retired tankers will augment the KC-135R crews to give them some relief since they will have to pick up more of the refueling mission, he said.

Although corrosion in the younger KC-135Rs is not as prevalent, the concern is it will show up eventually and that is the reason why the Air Force must start the replacement of its tanker fleet now, he told the senators.

“The Air Force (acquisition community) remains focused on providing the necessary capabilities to the warfighter in order to win America’s wars,” Doctor Sambur said. “And (we’re committed to providing) these capabilities through effective and efficient management during the development, production and fielding of systems.”

## Headlights must be on in the rain

2ND LT. AMBER MILLERCHIP  
Air Education and Training Command public affairs

RANDOLPH AIR FORCE BASE, Texas (AETCNS) — A new safety initiative has been passed to decrease motorcycle and vehicle fatalities at Air Education and Training Command installations.

Lt. Gen. John Hopper Jr., AETC vice commander, recently approved a new paragraph for AETC’s supplement to Air Force Instruction 31-204, “Air Force Motor Vehicle Traffic Supervision.”

“Vehicle operators will turn on their

headlights from sunset to sunrise, during fog, smoke or rain when windshield wipers are activated, or any other time when persons and vehicles cannot be seen clearly,” states paragraph 4.2.7.

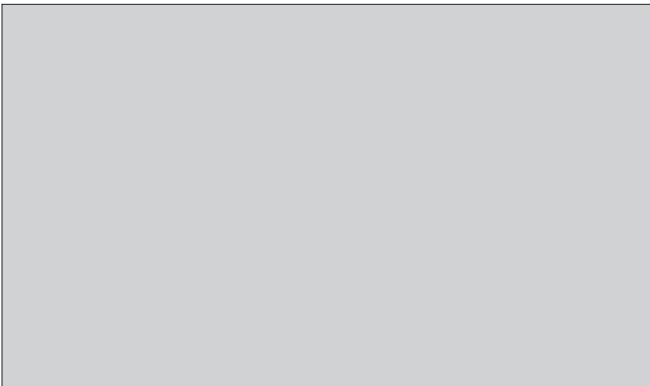
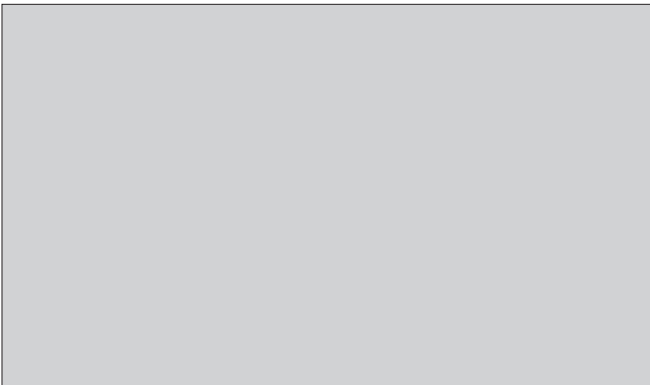
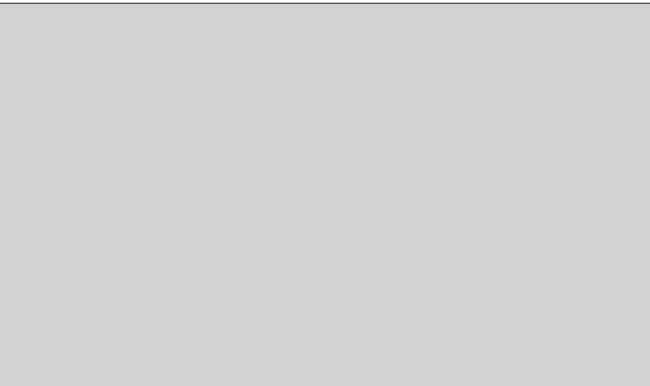
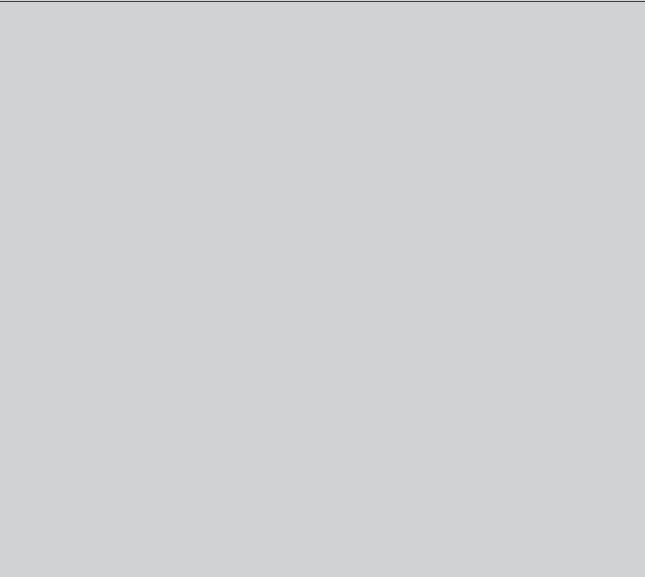
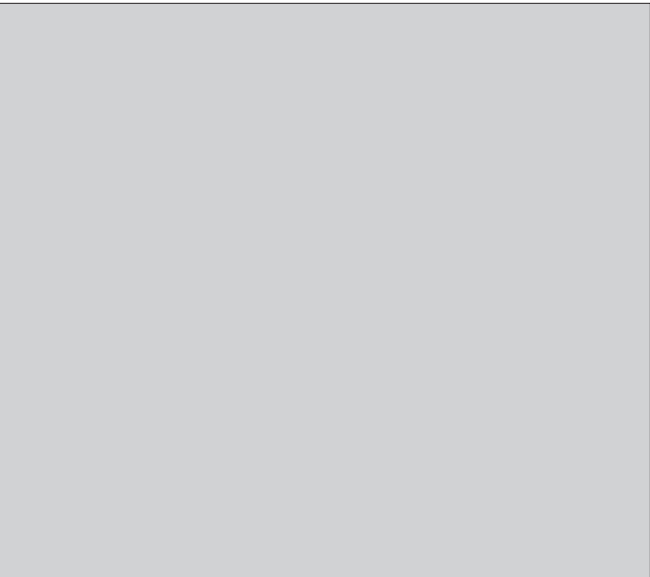
“General Hopper noticed no one at Randolph uses their headlights when driving in the rain during daylight and considers this a safety issue due to decreased visibility,” said Senior Master Sgt. Eddie England, the AETC Security Forces Directorate’s current operations superintendent.

“The goal of the new policy is for safe

and efficient movement of people and vehicles and to reduce traffic-related deaths, injuries and property damage,” Sergeant England said.

Currently, AETC installations conform to the state driving laws in which it is located. The change makes this new policy mandatory for all AETC bases May 1, regardless of state traffic laws.

For more information, go to <https://www.aetc.af.mil/sf/> or <http://www.e-publishing.af.mil/pubfiles/af/31/afi31-204/afi31-204.pdf>. People can also call their base security forces.





# Thrift Savings Plan open season begins April 15

**RANDOLPH AIR FORCE BASE, Texas (AFPN)** — Civilian and military employees can sign up for or change Thrift Savings Plan accounts during “open season” from April 15 to June 30.

“TSP is an easy, long-term retirement savings plan that everyone should consider,” said Maj. Alessandra Stokstad, chief of the Air Force Personnel Center’s contact center. “Current account holders might be interested, too, in transferring money from one fund to another — the TSP folks are set up to handle that.”

“Either way it’s a great supplement to military and civilian retirement plans,” Major Stokstad said. “It’s important to note that TSP is not limited to investing in stocks. People can choose safer government securities as well.”

“Employees already contributing to the TSP are encouraged to review their TSP plan and account balances,” said Janet Thomas of the center’s civilian benefits and entitlements service team, “as the open-season period is the best time to open an account or make changes to an existing one.”

TSP offers investors the chance for lower taxes each year they contribute while not having to pay taxes on earnings until they reach retirement.

“You can take out loans and make with-

drawals from your TSP account,” Ms. Thomas said. “And you can keep your account even if you leave military or federal service.”

Investment money is deposited directly from each paycheck “so you never have to think about it,” Major Stokstad said. “That makes it easy to ‘pay yourself first’ while only investing what you deem appropriate.”

The five TSP funds are: the Government Securities Investment (G) Fund; the Common Stock Index Investment (C) Fund; the Fixed Income Index Investment (F) Fund; the Small Capitalization Stock Index Investment (S) Fund; and the International Stock Index Investment (I) Fund.

“As with any individual retirement account, the sooner you begin contributing, the better,” Major Stokstad said.

Account changes made on or before May 31 will take effect June 1 for both military members and civilians. Changes made on or after June 1 will become effective in the following pay period for civilians and the following month for military members.

Some of the specifics of the program include:

**Military:** Military members can contribute up to 8 percent of their base pay. Airmen also have the ability to invest all or

part of their bonuses or special pay. But their total yearly tax-deferred investment cannot exceed \$12,000, except those serving in tax-free combat zones are allowed up to \$40,000 in annual contributions.

Military members can enroll through the Defense Finance and Accounting Service Web site at [www.dfas.mil/emss/](http://www.dfas.mil/emss/). They can also enroll by filling out a Form TSP-U-1 at local military personnel flights, finance offices and family support centers.

**Civilian:** Contribution limits are based on which retirement system an employee has.

Federal Employees’ Retirement System employees may contribute up to 13 percent of basic pay each pay period. The government provides matching funds of up to 4 percent as well as an automatic 1 percent each pay period whether the employee contributes or not, making the government’s contribution 5 percent.

Employees covered by the Civil Service Retirement System may contribute up to 8 percent of basic pay, but do not receive any matching contributions.

The percentage FERS and CSRS employees may contribute will increase by one point each year through 2005, when they will be restricted only by the Internal Revenue Code’s annual limit, which is \$12,000 in 2003, Ms. Thomas said.

Specific information is available for ci-

vilians on the Thrift Savings Web site at [www.tsp.gov/](http://www.tsp.gov/) or the BEST homepage at [www.afpc.randolph.af.mil/dpc/best/menu.htm](http://www.afpc.randolph.af.mil/dpc/best/menu.htm) and for airmen at [www.afpc.randolph.af.mil/mpf/TSP/thrift\\_savings\\_plan.htm](http://www.afpc.randolph.af.mil/mpf/TSP/thrift_savings_plan.htm).

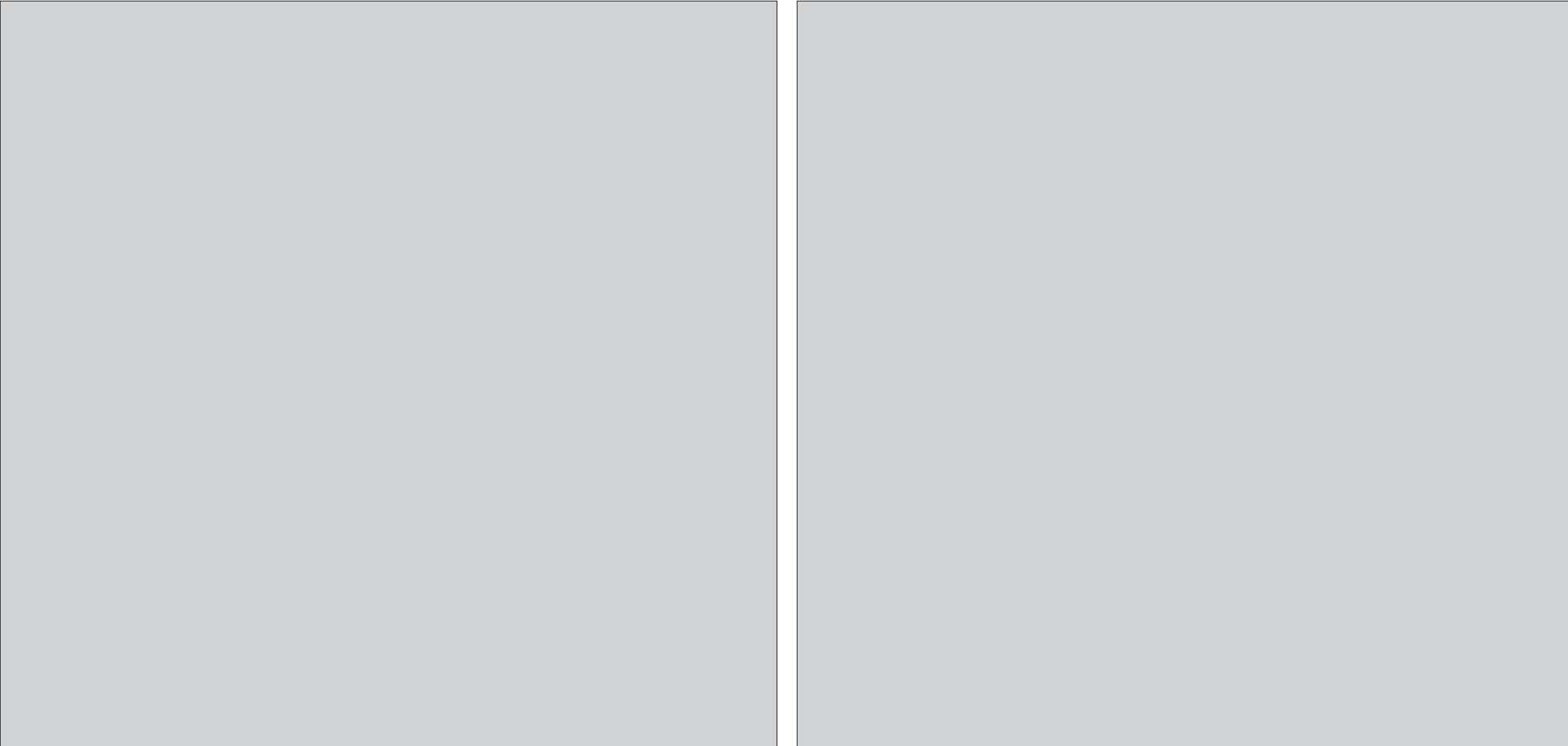
All Air Force-served civilian employees must choose their TSP contribution amount or changes through the BEST automated phone system at (800) 997-2378.

Hearing-impaired employees may contact BEST by calling TDD (800) 382-0893. Overseas employees can dial a toll-free direct access number for the country they are in. Direct access numbers and instructions are located at [www.att.com/international\\_business/dialing\\_guide/country-diallist.cgi](http://www.att.com/international_business/dialing_guide/country-diallist.cgi).

Counselors are available weekdays from 7 a.m. to 6 p.m. The BEST Employee Benefits Information System Web application is located at [www.afpc.randolph.af.mil/dpc/BEST\\_GRB/EBIS.htm](http://www.afpc.randolph.af.mil/dpc/BEST_GRB/EBIS.htm).

People can choose which fund to contribute to by calling the TSP automated ThriftLine at (504) 255-8777 or on the TSP Web site at [www.tsp.gov/](http://www.tsp.gov/). Military members with general TSP questions can call the AFPC contact center at DSN 665-5000 or toll-free (866) 229-7074.

*(Courtesy of AFPC News Service)*



## Your link to what's going on

# Gulf Guide

## in the Tyndall community

### APRIL

MON  
14

#### Anger-management workshop

The four-session anger-management workshop will continue 10:30 a.m.-noon Monday, April 21 and 28 in the family advocacy conference room in Building 1305. For more information, call family advocacy, 283-7511.

TUE  
15

#### VITA Hotline

The Volunteer Income Tax Assistance Hotline will be open until 7:30 p.m. Tuesday. The hotline can be reached at (800) 829-8482.

WED  
16

#### Parenting workshop

The effective parenting workshop will continue 1-3 p.m. Wednesday and April 23 in Room 127 in Building 1305. For more information, call family advocacy, 283-7511.

THU  
17

#### Blood drive

A Red Cross blood drive will be 9 a.m.-4 p.m. Thursday at the community activities center. All blood types are needed, although some restrictions on who can donate do apply. These restrictions include people who have had a tattoo in the past 12 months, are pregnant or have had a baby in the past six weeks, have been to a high-risk malaria area in the past 12 months or have ever taken chemotherapy. For more information, call Staff Sgt. Jeri Goff, 283-3271, or Marge Hawk, 283-6418.

#### Bible study

A weekly Bible study session offered by the Officer Christian Fellowship and Christian Military Fellowship will be 11:30 a.m.-12:30 p.m. Thursdays in the community activities center. For more information, call Capt. Carma Pauli, 283-7669.

#### Antiterrorism training

Mandatory antiterrorism training is provided by the Air Force Office of Special Investigations on a walk-in basis 8 a.m. every Thursday in Building 656. The training will last approximately 45 minutes. Anyone with a permanent change of station or temporary duty assignment to an overseas location who has not received Level-I Antiterrorism training within six months of their departure date is required to receive this training prior to out-

processing. Out-processing checklists should be brought to the training session. Military dependents are encouraged to attend. For more information, call Special Agent Doug Hartwell, 283-3261 or 283-3262.

### NOTES

#### CLEP Exams to be retired

The following CLEP Exams will be retired effective June 30: 04910/04928-Humanities; 26107-General Chemistry; 75027-College Level German; 18074-General Biology; 65048-Western Civilization I; and 66052-Western Civilization II. The last date to schedule these exams is June 26. As the testing room is set up to handle only 15 students and the schedule fills up quickly, anyone interested is advised to plan and schedule for these exams accordingly.

#### Panhandle job fair

The Spring 2003 Panhandle Job Fair will be 10 a.m.-3 p.m. Thursday at the Northwest Florida Fairgrounds, 1958 Lewis Turner Boulevard, Fort Walton Beach. The job fair will host employers from all over the United States in a variety of career fields. For a complete list of employers, visit the Web site at: [www.bsc.net/panhandlejobfair](http://www.bsc.net/panhandlejobfair). For more information, call the family support center, 283-4204.

#### Project officer needed

A project officer is needed for planning an Asian American/Pacific Islander Heritage Month celebration or event to be held in May. The military or civilian employee who volunteers will be appointed by the 325th Fighter Wing Military Equal Opportunity office. Anyone interested in applying may contact Staff Sgt. Darryll Woodson, 283-2739, or Staff Sgt. Tonisha Layne, 283-2751.

#### WalkAmerica 2003

The March of Dimes' WalkAmerica 2003 walking event is scheduled for April 26 at McKenzie Park. For more information, call the March of Dimes, 785-6460, or visit [www.modimes.org](http://www.modimes.org).

#### Housing referral specialist

The housing flight has a dedicated housing referral specialist to meet off-base needs involving property and community issues. Anyone interested in renting, selling or purchasing property may call John Rana, 283-8105.

#### Pharmacy formularies

Many military treatment facility pharmacies have recently upgraded their formularies – or listings of medications that

they carry. As a result, even though the pharmacy may not have stocked a particular medication in the past, they may now be carrying it. In most cases, the MTF formularies are posted online on each MTF Web site. For the Tyndall Clinic pharmacy, go to [www.tyndall.af.mil](http://www.tyndall.af.mil), select the 325th Fighter Wing, then the 325th Medical Group, then pharmacy.

#### Mail Order Pharmacy change

The new TRICARE Mail Order Pharmacy contract, administered by Express Scripts of Maryland Heights, Mo., will replace the existing National Mail Order Pharmacy contract. The TMOP will provide a worldwide, full-service mail order pharmacy program to all TRICARE-eligible beneficiaries. More information about the TMOP program will be available soon on the TRICARE Web site at [www.tricare.osd.mil](http://www.tricare.osd.mil). Beneficiaries currently using NMOP will receive information about TMOP prior to its start date and can also visit the Express Scripts Web site at [www.express-scripts.com](http://www.express-scripts.com) for more information.

#### Claims briefings

The Legal Office Household Goods Claims Briefings will now be held 10 a.m. every Wednesday in the claims office instead of on Thursdays.

### RETIREE NEWS

#### TRICARE while traveling

Denied claims for care received out of the local area account for many of the denied or point of service claims. Failure to properly file the claim is one of the most common problems. To facilitate processing, TRICARE claims must be filed to the claims address for the region in which the patient lives on the date of service. For example, providers in Virginia are accustomed to filing claims to Palmetto GBA in South Carolina. If a patient from Texas gets medical care while on vacation in Virginia, the patient needs to make sure the provider mails the claim to WPS in Wisconsin (the claims processor for the state of Texas) not the Palmetto address the provider normally uses. The claims addresses for each state and overseas area can be found at: [www.tricare.osd.mil/claims/Wheretofile.htm](http://www.tricare.osd.mil/claims/Wheretofile.htm).

When you give a provider your address, make sure to provide your home address, not the temporary address where you are visiting. A patient address on a claim that does not match the address in the Defense Enrollment Eligibility Reporting System will prevent the claim from processing correctly. Prime and Prime Remote enrollees should always seek prior authorization before seeking care while away from home. Although emergencies are the exception, the patient or family member should seek an authorization for treatment as soon as reasonably possible.

It is usually a good idea to call or visit a local TRICARE Service Center before traveling to obtain information on any pertinent local policies that may apply. If any problems are encountered with claims, contact either a customer service representative at the TRICARE Service Center or the Beneficiary Counseling and Assistance Coordinator at the nearest military treatment facility.

### CLASSIFIEDS CLASSIFIEDS

1998 Kawasaki ZX-11, new tires, alarm, 8,100 miles, very well maintained. Asking \$5,800 or best offer. Call 819-3348 and leave message.



# High protein/low carbohydrate diet: Healthy or hype?

STAFF SGT. ERIC FORD  
325th Medical Group diet therapist

How long has it been since you last thought about losing weight? Have you tried every weight loss scheme and magic pill on the market? Better yet, how about "lose 20 pounds in two weeks — guaranteed," or "cut the carbohydrates and eat as much meat and fat as you want, and still lose weight!"

There is tremendous interest in this alternative approach to shrinking the fat. The American Kidney Fund is warning Americans about high-protein diets for weight loss because of the enormous strain placed on the kidneys and excessive dehydration. According to Dr. Paul Crawford, University of Connecticut, the kidneys are required to work overtime to eliminate toxins and

this may inhibit the ability to regulate blood pressure and red blood cells. Too much protein increases nitrogen in the blood, which forms urea in the kidneys. As a result, frequent urination to clean the nitrogen from the blood causes dehydration.

No more than two grams of protein per kilogram of body weight is recommended by the researchers in order to avoid negative long-term effects. The long-term effects of straining kidneys can cause scarring and reduce kidney functions.

"Chronic kidney disease is not to be taken lightly, and there is no cure for kidney failure. The only treatments are kidney dialysis transplantation," Dr. Crawford said.

The October 2002, Tufts University Health and Nutrition Let-



ter reported a study suggesting the high-protein diet triggers biochemical changes that create kidney stones and bone loss which starts after two weeks.

Researchers studied 10 people who followed the ever-popular Atkins diet. For two weeks the volunteers consumed an average of 19 grams of carbohydrates per day and an unlimited amount of

protein. Dr. Atkins calls this the "induction" plan. The Manual of Clinical Dietetics (2000) from The American Dietetic Association recommends a daily nutrient distribution of 50 percent of calories come from carbohydrates. Therefore, women should consume at least 150 grams and men a minimum of 180 grams of carbohydrates (based on a minimum 1,200/1,500 calories respectively).

The Dr. Atkins "maintenance" plan was implemented for four weeks, which is more liberal but still low in carbohydrates. The participants' blood, urine and food intake were evaluated. The consequences of the high-protein diet caused elevation of acid in the kidneys and urine resulting in increased risk of kidney stones.

Too much acid also accelerates depletion of calcium which sup-

ports bone loss.

The objective of the Atkins maintenance diet is not for a temporary solution; therefore over time, elevated urine levels will generate detrimental effects.

Two current studies from Duke and the University of Pennsylvania, disclosed that the mean weight loss is only 20 pounds over six months. This is not a sizeable amount of weight loss when compared to a sensible low-fat vegetarian or food-pyramid based meal plan.

The diet induces ketosis, which places your body into starvation mode. Moreover, this creates fermentation in your digestive system which depletes the body of nutrients and presents "bad" breath.

Is it healthy? Research proves otherwise, it is all a bunch of hype!

## Pacific Command limits Asia trips due to SARS outbreak

JIM GARAMONE  
American Forces Press Service

WASHINGTON — Defense Department personnel may make only mission-essential trips to China and Hong Kong because of the threat of severe acute respiratory syndrome, U.S. Pacific Command officials said recently.

"All Hong Kong port visits by U.S. Navy ships will be deferred until the restriction has been lifted," Pacific Command spokeswoman Lt. Cmdr. Jensin Sommer said.

The restriction is consistent with recommendations made by the U.S. Centers for Disease Control and Prevention. The U.S. State Department has also issued a travel

1,190 in China and 59 in Vietnam.

The largest outbreak outside Asia is 178 cases in Canada. There were 85 reported cases in the United States. A total of 79 people have died from the syndrome worldwide.

According to the CDC, the main symptoms of SARS are high fever — over 100 degrees, dry cough and shortness of breath or breathing difficulties. SARS may be associated with other symptoms, including headache, muscular stiffness and loss of appetite, malaise, confusion, rash and diarrhea.

Commander Sommer stressed that the Pacific Command restriction is temporary. The limitation applies to all military and civilian

Department of Defense personnel. "DOD civilians, their families and family members of military personnel may travel to these areas for leave purposes, but are advised to take additional precautions," Commander Sommer said.

"No U.S. military servicemember has been diagnosed with SARS to date," she said. "This global outbreak poses a potential risk to our personnel similar to other infectious diseases such as tuberculosis, flu and measles."

**"This global outbreak poses a potential risk to our personnel similar to other infectious diseases such as tuberculosis, flu and measles."**

LT. CMDR. JENSIN SOMMER  
Pacific Command spokeswoman

advisory citing the disease. The travel advisory includes China, Hong Kong, Singapore and Hanoi, Vietnam.

SARS, as it is known, is an infection that seems to spread from close contact. The syndrome was first diagnosed in China and spread to Hong Kong. Scientists still don't know what sort of virus or bacteria causes the illness, CDC officials said.

There have been more than 2,300 SARS cases reported in 19 countries worldwide. The vast majority of these cases are in Asia with 734 in Hong Kong,

## Tyndall Tae Kwon Do brings home honors

Two members of Tyndall Tae Kwon Do participated in the Gulf Coast Martial Arts Championships in Gulf Breeze, Fla., recently.

The event hosted nearly 200 competitors from across Mississippi, Alabama and northwest Florida. The two Tyndall members competed in both forms — pre-arranged training patterns through which techniques are learned and practiced — and fighting.

Brent Ritchie, a blue belt and an airman first class assigned to the 325th Communications Squadron, won second place in forms and third place in

fighting in the adult advanced division.

Erick Johnson, a black belt and a technical sergeant assigned to the Area Defense Counsel, brought home third place in forms and fighting in the black belt masters division.

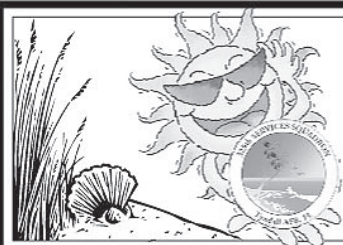
This was the first tournament for Ritchie. Johnson, who has been in many tournaments, competed for the first time in seven years.

"The most important thing is that everyone had a good time and no one was injured. We had a great time and met some very interesting people. Bringing home trophies is just icing on the cake," Johnson said.

(Courtesy Tyndall Tae Kwon Do)







# Funshine NEWS



April 11, 2003

325th Services Website: [www.325thservices.com](http://www.325thservices.com)

## Here's What's Happening at the Tyndall Officers' Club

### All Ranks Lunch

Mon.-Thurs.: \$6.95 ■ Friday: \$7.95  
11 a.m.-1 p.m.

Unlimited access to the daily buffet, salad bar,  
fountain soda, tea & coffee!

Includes: Fresh Hot Carved Meat  
Sandwiches on Kaiser Roll

<b>Mondays</b>	Chef's Choice
<b>Tuesdays</b>	Italian
<b>Wednesdays</b>	Oriental
<b>Thursdays</b>	All American
<b>Fridays</b>	Seafood

\* Members, show your club card to receive a \$1 discount!

### On Base Food Delivery

■ **Lunch Menu:** Mon.-Fri. 11 a.m.-1 p.m.  
*Limited to office deliveries (i.e. squadron addresses)*

■ **Evening Menu:** Fri. & Sat. 5:30-9 p.m.

**Subs & Pizzas**  
**286-2900**

### AF Club Scholarship

Six scholarships will be awarded to AF Club  
members or their eligible family members.

**First place is \$6,000**

Applicants must be accepted by, or enrolled in,  
an accredited college or university graduate or  
undergraduate program by fall of 2003.  
Information packages with complete instruc-  
tions and requirements are available from the  
Tyndall Officers' Club business office.

Entry deadline is July 15.

**283-4357**

for more information.

**Sponsored in part by:**

First USA Bank, Coca Cola and Master Card.  
No federal endorsement of sponsor intended.

## Easter Extravaganza

Sunday, April 20  
All Ranks @ O' Club

10:30 a.m.- 2 p.m.

**Reservations  
Strongly Recommended**

**For more information call:**

**283-4357**

### Base Library

☎ 283-4287

#### Spring Book Sale

Thursday April 24 through Saturday April  
26. The library needs your donations of  
hardcover and paperback books to  
make this book sale a success.

### Bowling Center

☎ 283-2380

#### End of Season Pro Shop Sale

Thru May 31 all stock balls, bags and  
shoes %15 off. (No other discounts apply.)

#### Summer Play & Save

On sale now: 40 games for \$30, 20  
games for \$15. Not valid during Cosmic Bowling.

### Information, Tickets & Travel

☎ 283-2499

#### Leisure Travel Cruise Specials

The cruise lines are offering some of  
their best deals to date. Call to make  
those honeymoon or anniversary travel  
plans. Call 283-2864 for details.

### INFORMATION, TICKETS AND TRAVEL



FRIDAY, MAY 2  
10 A.M.-1 P.M.  
AT THE O' CLUB

- Door Prizes!
- Over 50 Vendors!
- Freebies!

FOR MORE INFORMATION CALL:  
283-2499

### Admin Assistants' Day Luncheon

April 23, 11:15 a.m.  
RSVP by April 20!

**\$8 per person**

*Treat your assistant to a  
special lunch at the O' Club!*

Stuffed Chicken Breast, Buttered  
Parsley Potatoes, Rolls & Butter,  
Vegetable Medley, Iced Tea & Water

### Bonita Bay

☎ 283-3199

#### Kayak Lessons

April 13, 10 a.m.-4 p.m. \$40 per  
person. Bring lunch and plenty of fluids.  
Water shoes are highly recommended.

#### Sailing Lessons

April 26 & 27, 9 a.m.-4 p.m. \$40 per  
person. Bring lunch and plenty of fluids.  
Water shoes are highly recommended.

#### Youth Environmental Club

For children ages 6-10. Starts April 26.  
Participation limited, please come by to  
register.

### Marina Club

☎ 283-3059

#### Seafood Buffet

All you can eat only \$6.50!  
Fridays 11 a.m.-1 p.m.

### Youth Center

☎ 283-4366

#### Cartoon Network Tennis

Hey Kids, join the club and learn  
basics of Tennis and get Cartoon  
Network tennis gear. May 3, 10, 17,  
31 and June 7, 14. Ages 5-7 at 8 a.m.  
and ages 8-11 at 9 a.m. Cost is \$60.

### Skills Development Center

☎ 283-4511

#### Engraving

We can engrave a variety of items,  
including: pen and pencil sets, mugs,  
coins, medals, and more.

#### Mat Cutter

Our new computerized cutter can cut  
hundreds of different shapes on mats.

#### Large Format Printing

We can print large posters for your next  
squadron function or retirement gift.

### Community Activity Ctr.

☎ 283-2495

#### CAC Beginners Yoga Class

Tues. & Thurs at 4:30 p.m. in the  
ballroom. Call for details.

#### Children Art Contest

For youth ages 5-12. Stop by for a  
copy of the rules and registration.

### Fitness & Sports Center

☎ 283-2631

#### April Group Fitness Schedule

Pick up your copy at the Fitness Center  
or visit: [www.325thServices.com](http://www.325thServices.com) and go  
to the Fitness Center page.

## 7th Annual Big Bunny Egg Hunt Saturday, April 19



at the Youth Center, Bldg. 3223 on Sabre Drive.

BYOB (bring your own basket)

**11 a.m. age categories 1-2, 3-4**

**1 p.m. age categories: 5-6, & 7-8**

**3 p.m. age categories: 9-10 & 11-12**

Prize filled eggs will contain candy, toys,  
or coupons for a variety of prizes.

## Glow in the Dark Egg Hunt (For Teens only)

BYOFL (bring your own flash light) • BYOB (bring your own basket)

7:30 p.m. for ages 13-18. • I.D. may be requested to check age.

**For more information call: 283-4366**

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# Pentagon revises smallpox vaccination policy

SGT. 1ST CLASS DOUG SAMPLE, USA  
American Forces Press Service

WASHINGTON — The Department of Defense is taking a watchful approach to its smallpox vaccination program after the Centers for Disease Control and Prevention in Atlanta reported investigating whether a sequence of cardiac deaths was associated with the vaccine.

The government has suggested that anyone with certain heart-related risk factors not take the vaccine. It continues to examine several suspected cases, including that of a 55-year-old National Guardsman who died of a heart attack five days after receiving the smallpox vaccine.

Following the CDC’s recommendation, Col. John Grabenstein, deputy director for military vaccines for the Army’s surgeon general, said the Defense Department is revising its policy for some 500,000 military personnel whom it plans to vaccinate against smallpox.

The military has medically screened vaccine recipients since the program’s beginning, Colonel Grabenstein said. He noted the DOD would now take an even closer look at risk factors such as tobacco use, high blood pressure, high cholesterol, diabetes and family history of heart disease before giving the vaccine.

“People with three or more of those conditions would be exempted,” he said. Colonel Grabenstein cautioned anyone – vaccinated or not – to seek healthcare if they experience chest pain or shortness of breath with exertion.

Military personnel currently receiving the smallpox vaccine are those deployed or deploying to a Central Command area of operation; those who would go into a smallpox outbreak area to help control the disease; and health-care workers at DOD hospitals and clinics who would treat smallpox patients.

Colonel Grabenstein said there is no plan to vaccinate everyone in the military at this time. “It’s a pretty focused and targeted program,” he noted.

Even with the public concern over the safety of vaccines, he said the recent deaths seem to be in proportion with usual rates of death.

“The evidence that we have so far shows that these are not linked in a cause and effect way,” Colonel

Grabenstein explained. “The deaths seem to be just the natural level of heart attacks that occur among unvaccinated people. But the investigation is not finished, and to be on the safe side, this extra precaution is being taken,” he added.

More than 350,000 servicemembers have been vaccinated, with “the expected number of post-vaccination symptoms and few serious reactions,” he said.

“Lots of people had itching at the vaccination site, swollen lymph nodes under the arms, which are fairly common,” Colonel Grabenstein said. “In terms of serious reactions we’ve had few, in fact fewer than we would have expected looking at the historical figures. We’re pleased with the success of the program.”

On Dec. 13, 2002, President Bush announced a nationwide smallpox vaccination plan out of concern that bioterrorists could use the germ that causes the smallpox disease as an agent to attack the United States. Although smallpox was eradicated in 1980, the germ was kept in two laboratories in the United States and the former Soviet Union for study. Whether the germ is in other locations is unknown.

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COL. JOHN GRABENSTEIN  
Deputy director for military vaccines for the Army’s surgeon general

